



INDIVIDUAL MEDICAL READINESS

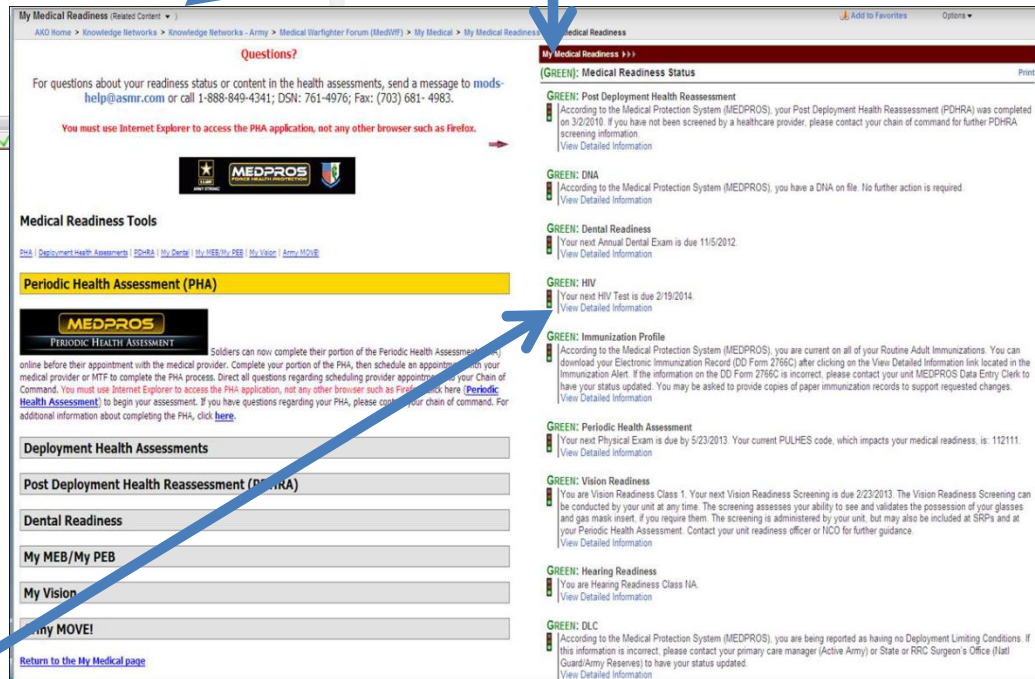
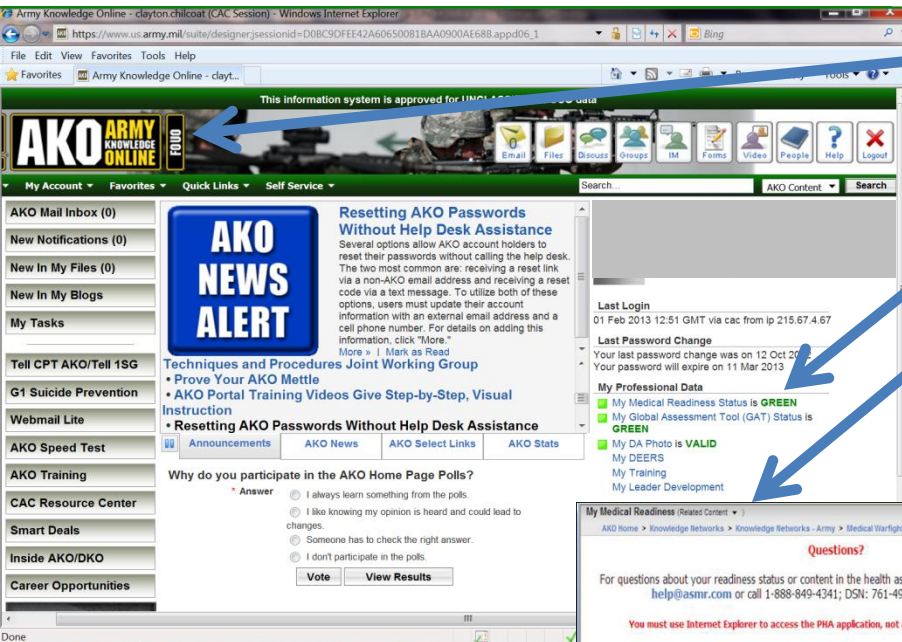
The next slide illustrates how to check your individual medical readiness.

Of Note, There are additional requirements for travel to the African Continent (e.g. Yellow Fever Vaccination). If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by attending the next Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex and review Slide 3 of this presentation.

To access USA IMR status, visit <https://www.us.army.mil>

- 1) Log onto Army Knowledge Online (AKO)
- 2) Under My Professional Data
- 3) Select "My Medical Readiness Status"
- 4) Review your info on My Medical Readiness page

Each section is color coded to help identify current status:
-- Green indicates current with requirements (for section)
-- Yellow indicates a requirement is due
-- Red indicates overdue (not ready for deployment)



View detailed information links provide information to the Soldier on how to change his/her status indicator to GREEN

If you are on standby or may be tasked to travel to Africa at a moment's notice, please ensure your readiness to travel by considering the following guidance:

- **Attend the Travel Soldier Readiness Process ("Travel Clinic") at the Kelley Annex (Generally on Wednesday Afternoons) between 1300-1500, building 3312 next to Community Mail Room. Call Central Appointments at DSN: 371-2622 to make an appointment. This opportunity provides for immunization updates, travel medicine prescriptions, and permethrin/DEET chemical repellants.**
- **If unable to attend this readiness activity, please confer with the Kelley Annex NCOIC on a walk-in basis; immunizations are not available at the Annex other than during Travel SRP currently.**
- **Obtain DEET-containing insect repellent in 24-35% concentration. Available at the Commandant's Supply Custodian or the Kelley Annex, and may be purchased locally through AAFES or some German stores.**
- **Identify mission-appropriate clothing to be worn while traveling in Africa and treat with permethrin. Clothing treated should include at least one layer that may be laundered (not dry clean only), and ideally contain at least some cotton.**
- **Sign out a permethrin-treated pop-up bed net from the Commandant's supply Custodian, located in building 3312, basement level. DEET skin repellent and permethrin treatment for clothing also is available from the Supply Custodian.**
- **Review document, "General Counseling for the Traveler to Africa," found at <http://www.africom.mil/staff-resources/travel-to-africa>**
- **Ensure you maintain on hand an adequate supply of any chronic medications you currently take, plus any items you might need in Africa such as sunscreen, Pepto-Bismol (or generic) tablets, Tylenol or Motrin, etc**